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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Saturday, August 30, 2025

More Heart Palpitations

Currently having heart palpitations. Just today my heart fluttered 3 times in meditation and once while at work. Not sure how long the incarnation will continue. I'll be in a light body after this incarnation and will continue to help all who need it.

- August 30, 2025

7 comments:

Chris Comish August 31, 2025 at 5:21 AM

Physically my PulseOx meter for oxygen also recorded the fluttering. The meter normally has a standard heart rhythm but it went out of rhythm for a second or so. The heart beat line shook. I'll continue to monitor it. I know it is for the Spirit within to rejoin the Spirit without, as my Soul purpose fulfilled in June 2025. Esoterically the Oversoul/Monad/Higher Self/Spirit has decided it is time to move on from (physical) Earth so as consciousness gradually leaves the crown, the life thread is pulled gradually from the heart, and the heart reacts to the changing electromagnetism, by fluttering. It is not painful but the shaking catches me by surprise. I could consider getting a eKG, but the fluttering is not painful. I have no pain, only surprise.

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Chris Comish August 31, 2025 at 5:45 AM

So my blood pressure is 133 over 96 which is high (stage 2 hypertension) but it could be my home blood pressure monitor giving false readings too. This all started after I was told by God "It is finished,"that my purpose in the physical completed. I've done my last will and testament and I've paid my bills ahead as much as possible. Wrote my goodbye letter for my wife. I know I have more work to do in the light body, so I will still exist beyond the physical body. But I'll keep monitoring it along with the fluttering heart palpitations. At least to keep my mind at ease.

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Chris Comish August 31, 2025 at 5:45 AM

May need to go to the doctor soon.

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Chris Comish August 31, 2025 at 5:45 AM

I have no pain, so I'm not sure how they can help beyond giving me chemical medicine

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Al August 31, 2025 at 5:56 AM

Bath Time:

An Epsom salts / Magnesium Sulphate and baking soda bath has an absolutely fantastic effect, clearing out radiation and low-grade electromagnetic frequencies from your field as well as any lingering hypnotic connections with other people (from 'Soul Psychology', by Joshua Stone,)

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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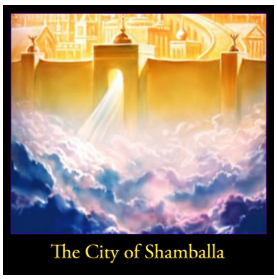

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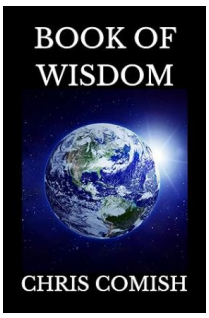

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Al August 31, 2025 at 6:44 AM

I'd try strengthening the physical body as much as you can or proportional to the demand generated by the anchoring of the light body overlaying itself upon the physical body, the physical vessel.
That's what I do to stay in one piece!
I'm light: Physical atoms are actually condensed light matter. E=mc^2: It is scientific fact.
[i.e. the world we 'see' is of a density that is physical but increase the density and we cannot see it but it is still of 3 dimensions, for the purpose of this illustration]
So, the density corresponds to the plane: physical,astral,etheric but 3 dimensional they are in physics terms; you can increase the physical atomic state to a higher vibration, therefore density, therefore corresponding plane, but remain physical. This is the anchoring of the light body. These are ascension symptoms, albeit, advanced ones.
So the physical considerations in this case are more density based, not dimensional based.
You can remain in a physical body that is not of this regular physical density but of a higher density, which you already have done but to retain the actual existence you must transmute-alchemise this chemical body as you put it, in order to preserve your 'structure' which is still possible, potential, if you will: so the physical body raises to etheric, less dense but is still bound/anchored/integrated in the physical world of dense matter: crystalline. To the substratum.

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Chris Comish September 4, 2025 at 5:43 AM

In my natal chart I am 8th House in Aquarius which rules death (I prefer to call it transition). 8th House in Aquarius (Uranus): Sudden, possibly unusual demise, rare diseases, blood problems, electrical shocks, heart failure. This lines up with what is happening.

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Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)
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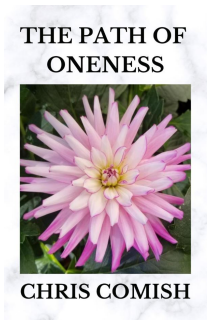

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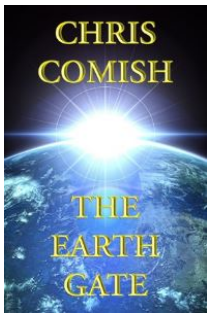

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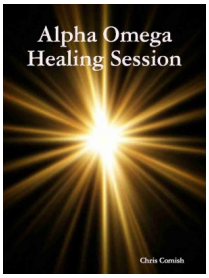

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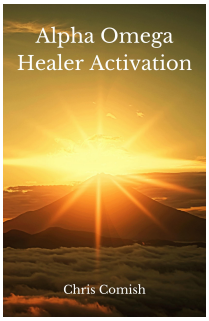

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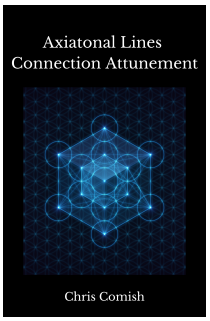

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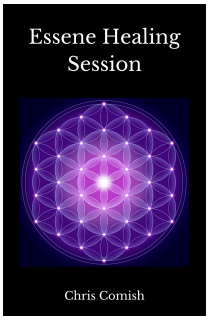

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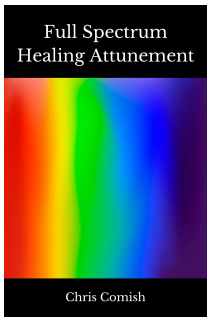

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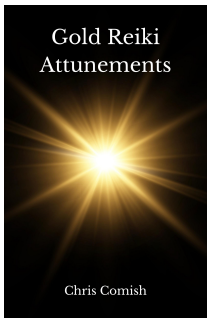

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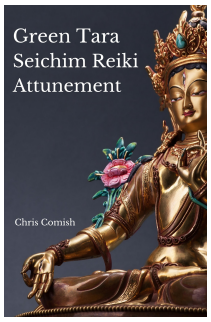

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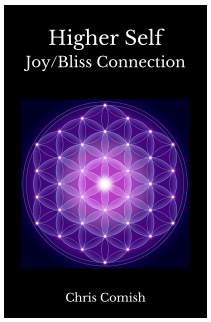

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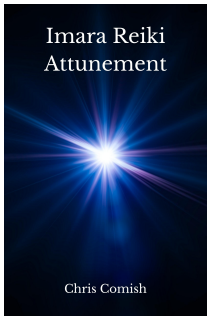

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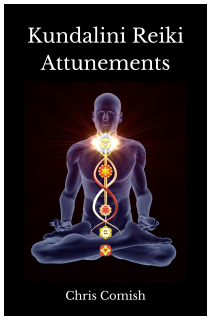

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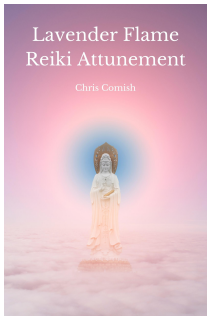

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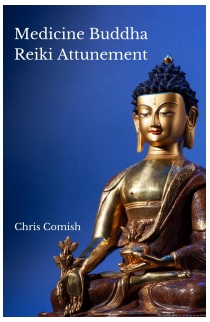

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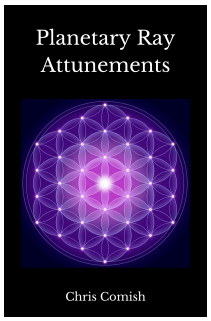

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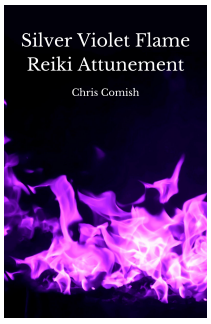

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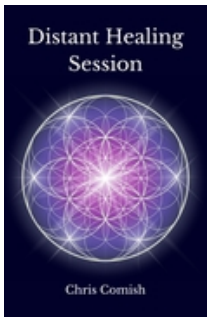

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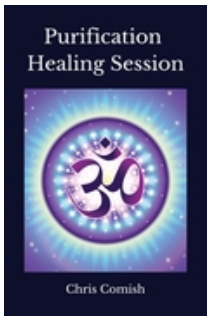

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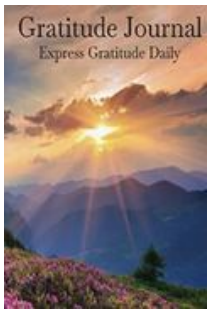

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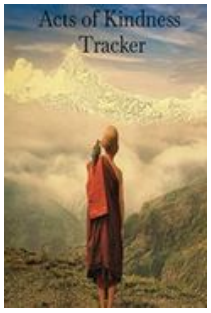

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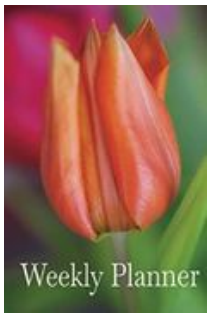

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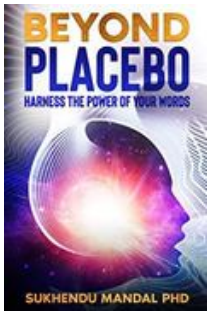

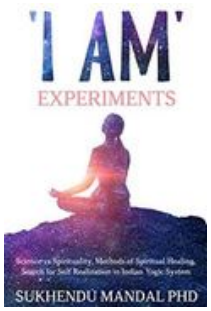

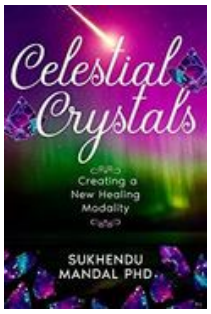

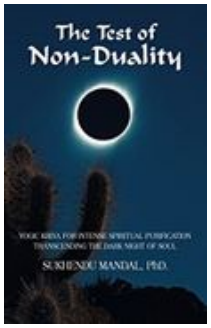

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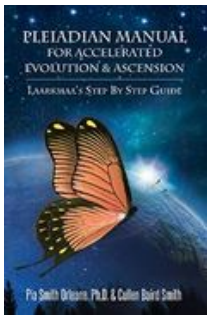

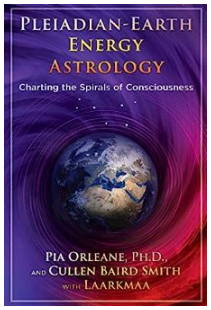
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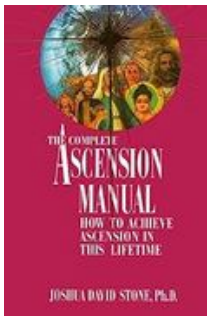
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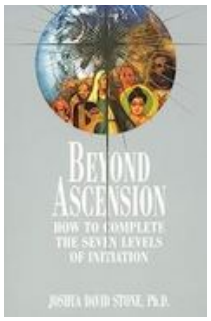
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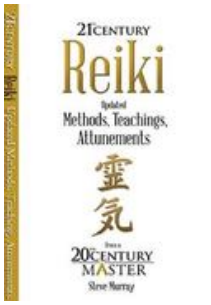
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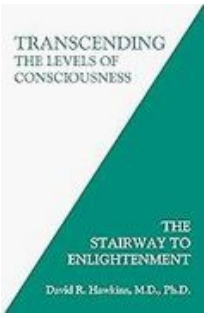
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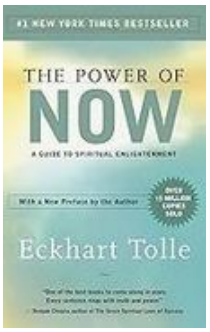
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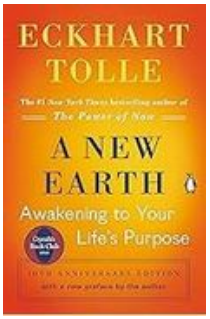
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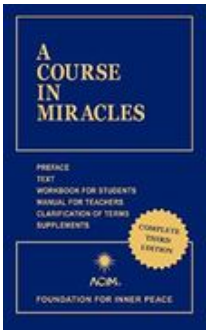
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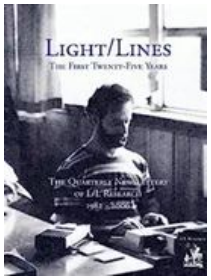
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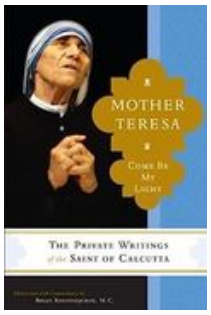
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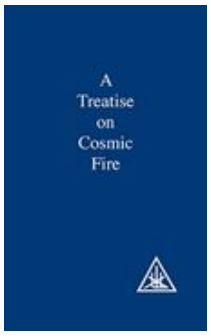
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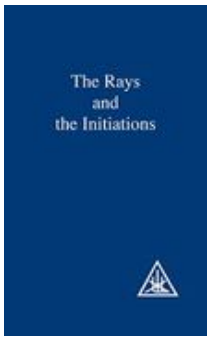
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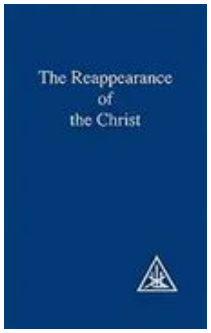
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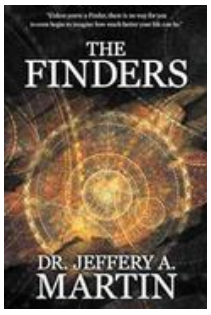
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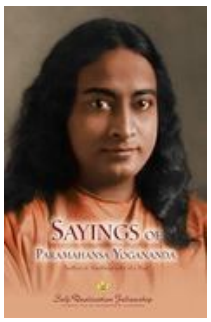
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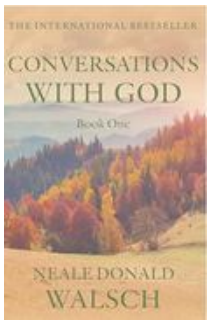
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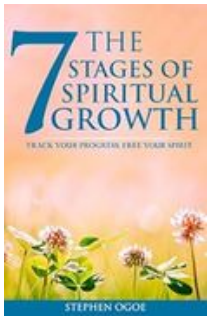
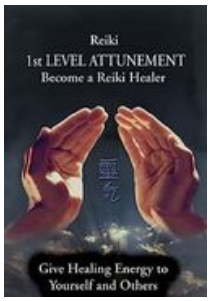
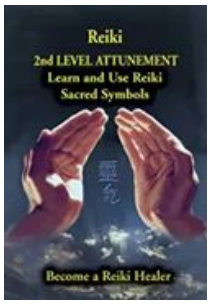
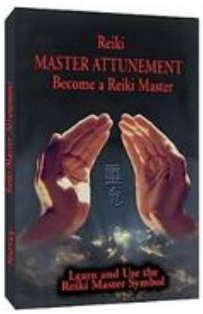
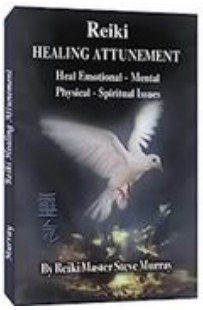


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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Chris Comish

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